



HANOVER HAPPENINGS

APRIL, 2017

HANOVER COUNCIL ON AGING MISSION STATEMENT

*To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs*

MESSAGE FROM THE DIRECTOR:

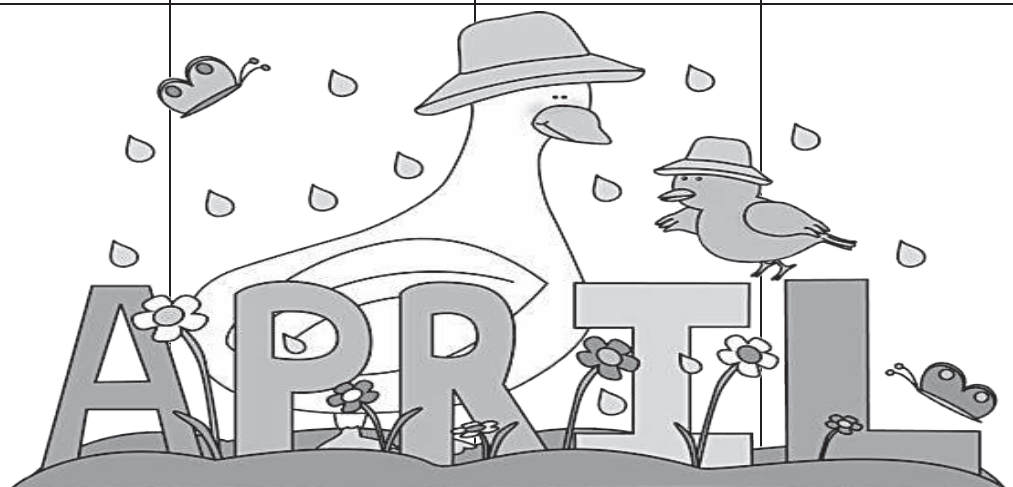
April is VOLUNTEER RECOGNITION MONTH

But everyday we recognize all that they contribute to the Hanover Seniors.

Like stars that light the way and help so many endure the darkness,
our volunteers have helped make our community sparkle.

They are Maryanne Aylesworth , Elaine Backer, Judith Barca, Barbara Barker, Frank Barker, Patricia Beers, Sally Boutin, Donald Buckley, Ellen Butler, Susan Chapman, Elaine Crowley, Mary Deame, Marilyn DeBoer, Linda Ducharme, Richard Farwell, Noreen Finneran, Claire Flynn, Katherine Gabriel, Claire Garrigan, Doreen Giordani, Susan Gosnell, Theresa Gratzer, Chris Greenough, Elizabeth Grosso, Holly Harris, James Henderson, Diane Hickey, Linda Hickey, Charles Hilsdon, Elizabeth Ingle, Jeannie Johnson, Robert Johnson, Helen Kelley Eleanor Kimball, Janet Kirby, Cherie Kish, Joyce Kleinrath, John Kyger, Darlene Lambert Barbara Lancissi, Glenda Larson, Donna Lawrence, Nancy Lee, Roger Leslie, Sr., Patricia L'Italien, Judith Lyons, Carol Mattes, Richard Mitton, John Morris, Maryann Nolan, Joanne Packer, Joan Port-Farwell, Dorothy Quinn, Margaret Rooney, Maria Rose, Judith Scannell, Harold Thomas, Burton Thompson, Kathi Thomson, Gilda Walker, Joan Ward, Patricia Weinard, Jane White, Patricia Wilbur, Jo-Ellen Wood and the Cushing LOU program



2		Hanover Council on Aging			April, 2017				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI PM SHOPPING-SHAW'S CUSHING & OTHERS		9:30 MORNING OUT 1:00 WATERCOLOR 1:00 TAI CHI 2:15 STRETCH WITH NEIL PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS		9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER		10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL PM SHOPPING HANOVER MALL		9:30 VOLUNTEER BREAKFAST NO OTHER ACTIVITIES PM SHOPPING-SHAW'S LEGION & BARSTOW	
10		11		12		13		14	
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 AMELIA EARHART TEA PM SHOPPING-SHAW'S CUSHING & OTHERS		9-11 BEAUTY SALON 9:30 MORNING OUT 11:45 OLD COLONY LUNCH 1:00 TAI CHI 2:15 STRETCH WITH NEIL PM SHOPPING KOHL'S/STOP&SHOP		9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER		10:00 BOOK CLUB 10:00 ASK A LAWYER 10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:15 STRETCH WITH NEIL PM SHOPPING HANOVER MALL		10:00 ARTHRITIS EXERCISE AM SHOPPING-SHAW'S LEGION & BARSTOW	
17		18		19		20		21	
PATRIOT'S DAY CENTER CLOSED		9:30 MORNING OUT 9:30 BLOOD GLUCOSE 9:30 MENS DISCUSSION 1:00 WATERCOLOR 1:00 TAI CHI 2:15 STRETCH WITH NEIL PM SHOPPING STAR/MARSHALLS MARSHFIELD		9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER		10:00 BOWLING 10:00 EXERCISE W CHRIS 12:30 Spring Social 1:00 BRIDGE PM SHOPPING HANOVER MALL		10:00 ARTHRITIS EXERCISE 11:30 CIRCUIT BREAKER & LUNCH 1:00 ART FOR YOUR MIND PM SHOPPING-SHAW'S LEGION & BARSTOW	
24		25		26		27		28	
8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI PM SHOPPING-SHAW'S CUSHING & OTHERS		9:30 MORNING OUT 1:00 TAI CHI 2:15 STRETCH WITH NEIL PM SHOPPING MARKET BASKET		9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 BOOK CLUB AT SENIOR CENTER		10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL PM SHOPPING HANOVER MALL		10:00 ARTHRITIS EXERCISE 1:00 SOCIAL SECURITY PRESENTATION PM SHOPPING-SHAW'S LEGION & BARSTOW	
OLD COLONY SPECIAL LUNCH Tuesday, April 11 at 11:45 AM The menu this month is a taste of Italy featuring cheese cannelloni, vegetables, bread and mousse. Only \$2.50. Sign up and pay by Wednesday, April 5.									

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VOLUNTEER RECOGNITION BREAKFAST



Each year we are pleased to honor our volunteers. This year we will have a volunteer Breakfast on **April 7, 2017 at 9:30 am**. Volunteers with 10 or more hours of volunteer service to the Senior center this past year will be invited. Let us know if you need transportation. Please RSVP by calling 781-924-1913. Also, please let us know if you feel you qualify to be invited, but have not received an invitation.

APRIL TEA AMELIA EARHART with SHERYL FAYE

Monday, April 10, 2017 at 1:00 pm

Fee \$5.00

Reservations are necessary.



Please note that the Women's Discussion Group at the Senior Center has been cancelled due to lack of participation.

CANDY FOR EASTER BASKETS

Easter is coming. We make Easter baskets to be given out to underprivileged children. A donation of Easter candy by April 10 would be helpful. Thank you!!



CIRCUIT BREAKER INFORMATION

Sponsored by Representative Decoste

Friday, April 21 at 11:30AM

Light Lunch To Follow

Massachusetts seniors can receive a tax credit of up to \$1070 when they file a tax return if their property taxes exceed 10% of their income. Renters can qualify for this credit as well. Find out more and if you qualify. Reservation are required. Call 781-924-1913

ART FOR YOUR MIND

Friday, April 21, at 1:00PM

A *Look at Ancient Greece*, is a brief, yet thorough overview of the amazing innovations in Ancient Greece's pottery, sculpture and architecture. With an emphasis on Greece's famous Classical time period, we'll make connections with ancient Rome as well as with our own culture. Please join us for an enjoyable hour of challenging your mind in new ways!

BOOK CLUB at the Senior Center

The Tortilla Curtain was written by T. C. Boyle, a prolific contemporary American novelist and short story writer. Set in modern day California, The Tortilla Curtain, is probably Boyle's most highly regarded novel. It details both the comic and tragic consequences that result when a freak accident brings two married couples into uneasy contact—one a pair of new age, upwardly mobile liberals and the other impoverished illegal Mexican immigrants. The cultural issues that the book raises are perhaps even more relevant today than when it was first published twenty years ago.

The group will meet on **Wednesday, April 26 at 1 PM** at the Senior Center. Copies of the book will be held on reserve for all group members at the John Curtis Library. New members are always welcome.

AUDIO INTERVIEW PROJECT

Maura Longueil and Scott Lebeda are working on a new audio interview project. The project is specifically geared to Seniors born in 1940 or before.

They are looking for volunteers to collect a series of life experiences, specifically asking questions about their younger lives. The project will be included as the only art/culture submission in the Hanover 300 project.

If you would like to be a part of this project please call Robyn at 781-924-1913. Date and time will be determined.

NEW AND RENEWED FRIENDS

We apologize. An error was made printing a number of names of new, renewed Friends and donations and in memory of in the combined January and February newsletter. The following names have been updated as of February 28. Thank you.

Marge Silva, Peg Marquis, Larry & Linda Finneran, Hilma Stanton, Pat Beers, Ed Mikenas, Jacqueline Ierardi, Gerald & Janet Abban, Frank & Joanne Casey, Irene & Hans Daika, Sid & Maureen Elliott, Kenton & Janet Greene, Robert & Mary Cirino, Geraldine Murphy, Jeanne & Robert Johnson, William & Claire Flynn, Maria Rose, Ronald Goba, Anne O'Connor, Patricia Baker, Dick & Muriel Jennings, Edward & Marilyn Hickey, Noel Constatino, Barbara & Robert Lancissi, Isobel Johnson, A. Donald & Marjorie Deluse, Mary McLaughlin, Barbara Sawtelle, Carol White, Carolyn Belcher, Kam Chin Chan & Kam Ong Leung, Joyce Kleinrath, Mae Mahanna, Paul & Virginia Zemotel, Barbara Feeley, Steven Herrmann, Janet & Bob White, Susan Chapman, Judith Bina, Chris & Shirley Wise, John Sears, Helen Sales, Elinor Morrill, Judy Murray, Sandra Gustafson, Angela Mullins, Danielle Guthrie, Leslie Molyneaux, Terri Pike, Mary Roper, Dot Quinn, Marilyn DeBoer, Yvonne & Larry Bright, Jo Judge, Dorothy Vekos, Robert & Barbara Brown, Paula Scalzi, Pat & Alphonse L'talien, Carolyn Frattalone, William Frattalone, Robert Frattalone, John & Elaine Kuhn, Jean Hermitage, Bob & Elizabeth Meader, Gloria Cioffe, Ruth Lakso, Carol Connelly, Shirley Beers, Martha Richard, Robert Schiffer, Helen Kelley, Richard & Dorothy Doyon, Heide Davis, JoAnne Vitti, Jeanne-Marie Kiely, Roger & Susannah Leslie, Irene Whitman, John & Sandra Calderwood, Emma Alpert, Jane Durante, Robert & Jean Clark, Philip & Cynthia Woods, Nick & Maria DeMinico, Sylvia Hyland, Marion Keville, Marlene Cobb, Lillian Leonardo, Frank & Carol Fraser, Nancy Gaffey, Clare Dineen, Edward Finn Jr., Ernst & Judith Voniderstein, Patricia Morino, Paul & Helen Doucette, Lois Amirault, Elena Ceurvels, Patricia Pervane, Margaret Petrucci, John Thomson, Nancy Mickunas, Beverly Frattasio, Diane & Paul Hickey, Lucinda & Wayne Shaw, Carole Downey, Adolph Gratzer, June Lane, Carole & Mike Reilly, Gerri Carvalho, Anne Quinn, Jennie Swenson, Anna Gately, Meredith Hickey, Eileen Stonge, Virginia Liston, Jackie Carroll, Diane D'Allessandro, Beverly Sprague, Eleanor Berger

IN HONOR OF

Concetta Vitale in honor of the COA staff

Nancy Gaffey in honor of Pat Baker for 40 years of friendship

IN MEMORY OF

Elaine & Don Bunker in memory of Ruth Giorgi
 Irene & Hans Daika in memory of Heinz Dajka
 Kenton & Janet Greene in memory of Briggs/Greene Family
 Jeanne & Robert Johnson in memory of Esther Lane
 Maria Rose in memory of Eugenio & Antonio Rose
 Ronald Goba in memory of Sue Goba
 Patricia Baker in memory of Margie Harrington
 Barbara & Robert Lancissi in memory of Margaret Donahue
 Isobel Johnson in memory of Lois Dante (daughter)
 Mary McLaughlin in memory of Joseph McLaughlin
 Carolyn Belcher in memory of Shirley Cavanaugh
 Barbara Feeley in honor of Dorothy Mateik
 Steven Herrmann in memory of Barbara Herrmann
 John Sears in memory of Eileen Sears
 Dot Quinn in memory of Marty Quinn
 Marilyn DeBoer in memory of Sid DeBoer
 Shirley Beers in memory of Al Mickunas and all who have passed
 Robert Schiffer in memory of Janet Schiffer
 Heide Davis in memory of A. Peter Davis
 JoAnne Vitti in memory of Ron Vitti
 Irene Whitman in memory of Susan Watson
 Jane Durante in memory of Tracy
 Marion Keville in memory of Andrew Roche Jr.
 Marlene Cobb in memory of Jeanette Pettinato
 Elena Ceurvels in memory of Joseph Ceurvels
 John Thomson in memory of Lois Thomson
 Nancy Mickunas in memory of Elmont Mickunas
 Beverly Frattasio in memory of Ronald Levangie
 Diane & Paul Hickey in memory of Matthew Hickey
 Meredith Hickey in memory of John Hickey
 Eileen Stonge in memory of Joseph Stonge
 Jackie Carroll in memory of Kevin & Terry Carroll

REMEMBERANCE

The Hanover Senior Center is saddened by the loss of Thelma Litchfield. Thelma was a COA Advisory Board member and a long time active member of the Hanover COA.

We will miss her wonderful spirit.

DONATIONS OF PRODUCT

Paul & Virginia Zemotel, Mary Deame, John Buzad, Helen Doucette and Joan Chrusciel.

Thank you to Dolly Gately for seasonal donations of candy and products.

ADDITIONAL DONATIONS

Peg Marquis, Irene & Hans Daika, Kenton & Janet Greene, Robert & Mary Cirino, Jeanne & Robert Johnson, William & Claire Flynn, Maria Rose, Ronald Goba, Anne O'Connor, Patricia Baker, Barbara & Robert Lancissi, Isobel Johnson, A. Donald & Marjorie Deluse, Mary McLaughlin, Barbara Sawtelle, Carol White, Carolyn Belcher, Joyce Kleinrath, Barbara Feeley, Steven Herrmann, Jane & Bob White, Chris & Shirley Wise, John Sears, Helen Sales, Judy Murray, Danielle Guthrie, Leslie Molyneaux, Dot Quinn, Amy Barrett, Robert & Barbara Brown, Paula Scalzi, Jean Hermitage, Ed Whittaker, Bob & Elizabeth Meader, Gloria Cioffe, Shirley Beers, Robert Schiffer, Wallace Kemp, Helen Kelley, Richard & Dorothy Doyon, Heide Davis, JoAnne Vitti, Concetta Vitale, Jeanne-Marie Kiely, Roger & Susannah Leslie, Irene Whitman, Jane Durante, Philip & Cynthia Woods, Sylvia Hyland, Marion Keville, Ed Lofgren, Marlene Cobb, Lillian Leonardo, Nancy Gaffey, Patricia D. Morino, Elena Ceurvels, Patricia Pervane, John Thomson, Nancy Mickunas, Beverly Frattasio, Diane & Paul Hickey, Meredith Hickey, Eileen Stonge, Jackie Carroll, Beverly Sprague, Ed Lofgren

EASTER EGG HUNT

The Friends of the Hanover COA are having an Easter Egg Hunt again this year for seniors. Eggs will be hidden throughout the center. Different ones everyday. Whoever finds the egg will be entered in a raffle. First prize, \$50.00, Second Prize, \$25.00 and Third, \$10.00.



FRIENDS UPCOMING TRIPS

4/25/17.....FOXWOODS
 5/18/17.....TRIBUTE TO PATSY CLINE
 6/11/17.....RIVER DANCE (6 TICKETS)
 7/20/17JIMMY BUFFET
 8/8/17NEWPORT PLAYHOUSE
 9/7/17LOBSTER BAKE, GLOUSTER BOAT
 9/19/17..... FOXWOODS
 10/12/17.....TURKEY TRAIN

Flyers available at the senior center.
 Please call Donna Lawrence at 508-243-2293

Veterans' News

April, 2017

Attention Vietnam era Veterans who served in Southeast Asia:

Vietnam Veterans, especially those born 1945-1965, are at high risk for having hepatitis C. Many could have been exposed to Hep C due to unsterile vaccination procedures or by coming into contact with contaminated blood during combat. The Department of Veterans Affairs (VA) recommends all Veterans born during the above period get tested for Hep C. It can be treated and cured.

The next VA Secretary will decide whether to expand the number of ailments presumed linked to exposure to Agent Orange and other herbicides used in the Vietnam War by up to four. The most common and controversial of the ailments under consideration is hypertension, or high blood pressure.

The other ailments under review are bladder cancer, hypothyroidism and Parkinson's-like symptoms without diagnosis of the disease itself. No timeline has been given to when a decision will be announced.

If you have questions about your military/VA benefits, contact the Hanover Veteran Service Officer, Mike Thorp, located at town hall, 781-829-0968.

**EARTH DAY CELEBRATION
HANOVER SENIOR CENTER
MYRTLE FIELD TRAIL**

**SATURDAY, APRIL 22, 2017
At 9:30 AM**



Take a walk along the Nava Trail and become inspired .

Based on Anne Barry Jolles's book ,GRACE TRAIL, the Myrtle Field Trail becomes your Grace Trail and perhaps "help you find your footing and move toward the life you were meant to live." (Anne. B. Jolles) Hanover Seniors and school children have painted rocks with words of inspiration. They are nestled along the path for you to read and enjoy. It is their hope that you too become inspired



**WELCOME SPRING
SOCIAL**

Thursday, April, 20, 2017 at 12:30PM

Fee \$5

Seafood Salad or Chicken Salad Roll
and

Strawberry Shortcake

Entertainment by Jack Craig

Reservations are necessary and must be made in person , unless cleared through Robyn.

SOCIAL SECURITY PRESENTATION

Friday, April 28 at 1PM

Join Delia DeMello from the Social Security Administration as she discusses how to sign up for an online social security account and answers your questions about social security. Please call 781-924-1913 to reserve your place.



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Please make checks payable to Friends of Hanover COA and mail to:
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2017

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____

Friends

Dot Quinn,
President/Treasurer

Elaine Crowley,
Vice President

Judi Barca

Margaret Rooney

Doreen Giordani

The Hanover COA Advisory Board meets on the second Monday of the month and will meet again on April 10, 2017 at 9am. All are welcome to attend this open meeting.